



Still-ble Pense
Self-willing
Conestoga students
don't pull
their punches.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



RCM's super-her
conference
Year-long
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WEDNESDAY, MARCH 16, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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40TH EDITION - NO. 16

CSI selects new vice-president

Jones, like president-elect Scherer, takes aim at Conestoga's school spirit

BY JOURNALISM

Conestoga Students Inc. a board of directors has selected a vice-president for the 2011-2012 academic year — a position that does not currently exist.

Chairman Jones, current chairperson of the CSI board of directors, will remain next year as vice-president. Jones took over as chair after Paul Orsag resigned in late October.

Jones's apparent vice, Sarah Bryant, the current secretary of the board and a director as well.

The position was created unofficially by the board and therefore requires a nomination of CSI's bylaws. It will not become official until it is adopted by students at a general meeting in April.

The two presidential duties involve meeting, meeting agendas and taking and maintaining minutes much like the board's current secretary does. The VP is not a voting member of the board, meant to be a rallying point for the student and to be empowered to assist the presidency in the president's absence.

Opposition to a new position, Wixell said, that next year would likely not be the case. One of the meeting participants had the conviction of an upper-level chairperson position, who will be a non-voting member through the VP and be assisting secretarial duties the

board will still be composed of eight voting members.

Due to a request for the full term hours during the summer and 18 hours per week during the academic year, the board members that the 2011 members will be more than a normal director's. Though the number is by no means final and has not been voted on, Wixell said she expected it to be in the range of 11,000 per month.

Bylaws, directors of the board receive \$100 a month, which requires them to complete five hours of work a week, plus \$50 for attending the board meeting.

The selection process took place simultaneously following the March 8 meeting of CSI's board of directors. Board members in attendance for the election process were Jaden Weyfield and Adam Scherer, with Danielle Weyfield and Hylary Jones joining the meeting remotely.

The board was similar to the in-person process for the CSI's board of directors. Only board members were eligible to run. Votes were cast by the board members who didn't run for the position, as well as by CSI president John Wixell, president-elect Jaden Scherer, president-elect Adam Scherer and Wixell.

Jones's platform focused on building school spirit and on supporting and expanding mental health resources.

Someone notably also shared by president-elect Scherer in his election platform. In his speech, Jones said that school spirit was about "being up behind your school, your team and your friends."

In his speech, Bryant went on to her experience as the current board secretary as well as coping, dialogues with outside companies.

"I've learned so much this year, but I don't feel like I'm done yet," she said.

After a brief speech, they each also individually faced questions from the board.

Questions for Jones revolved mostly around his ability to transition from a student to role as a more serious one. He cited his involvement in the school as an example of his success as a student leader.

"There's a time to be finishing up and a time to take things seriously — you really need to separate leadership and professionalism on the board," he said.

Bryant, who currently attends the Church campus, asked questions about how she would make the switch to a new position.

"I'm going to have a much more rounded outlook, and be able to see things from both sides," she said.

When it came time to vote, the board was instructed to write the name of their preferred candidate on a piece of paper, provided by Wixell.



PHOTO BY JASON BRYANT

Conestoga's Jones, the current CSI chair, will take over as vice-president in May, pending student approval of the new position in April.

As with the presidential election process, Wixell asked a liaison reporter to act as a scrutineer for the balloting process. Of the eight ballots cast, four were for Jones, three were for Bryant, and one was spoiled as it did not have the name of one of the candidates on it.

Jones and Bryant were un-

able when the directors gave a moment for a friendly hug. Jones, like president-elect Scherer, will assume his new position in May 1, pending student approval. That the election was palpable in Jones' hands says to go things.

There was no meeting we have yet to accomplish. I want to continue that momentum.

Conestoga explores one-card system

BY JOURNALISM

Conestoga College students could eventually be able to pay for lunch, access the library and use the bus with one card.

During the March 4 meeting of the Conestoga Students Inc. board of directors, Mike Hanning, Conestoga's vice-president of student affairs, spoke briefly about a "one-card" system that would combine other things, provide access to the campus network.

"How do we manage access to the new car network?" He said the membership system into the student, admin staff

system, Conestoga.

But he also mentioned that such a card could be used for other purposes, including access to the library, the bus, and the campus network. Jones, like his predecessor, Jones, said that such a card could be implemented as part of the process.

For example, the University of Waterloo has a similar plan called the Waterloo "One Card" system, which is used for access to campus, the bus, and the library. It also includes access to the library and to their physical and network resources.

Hanning's discussion of the

card was simply to start the board that a proposal would be forthcoming at September 2011. He mentioned that the proposal would take up to a year to implement. Recommendations, an increase to be offered initially, will be decided by a committee that will be formed for this purpose.

Developing such a card will take money. An early estimate by Conestoga's students, from \$100,000 to \$150,000 to develop the system, with a more accurate amount to be included in September's proposal.

When is this money money from?

As proposed, it would come from student fees — specifically from the \$100 fee "entry fee" which is charged to students who enroll in the college's first program. That fee was initially brought in when the Student Life Centre was built, and currently pays for things like security, the library, and other campus services, and more student services, including the library. Both Spoke and CSIS also receive some funding from the fee.

Hanning said when Mike Hanning implemented a similar card, they had to increase their fee by \$40 per person.

That he was quick to add that the priority for the Conestoga would not need to be increased to pay for this system, since it would be the first year of a surplus of about \$400,000 over multiple years. Hanning added that the fee was not from increased sales in 2006.

The agreement between the college and CSI for this surplus is that it be used only for "high end projects" that require a significant allocation of funds and are not within the college's core. Both Conestoga's students and the board's representatives there at CSI should have more specific information than this.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite part of winter?



"Being able to drink hot chocolate and be close to your family and friends and wrap up inside."

Wesley Torres,
first year
community/mental health

"It's probably a lot better on snow days and playing that let you stay home."

Michelle Campbell B,
second year
child health studies + education



"Hot chocolate with the multicoloured marshmallows. They just warm up inside."

Mikee Montano,
first year
business/marketing and
entrepreneurship student

"The night, white snow."

James Murphy,
first year
business/marketing



"It would be getting to take my dog skating for the first time."

Kyle Birmingham,
first year
production, security and
investigations

"Beats, shopping and sleep. There isn't too many different things to winter."

Erin Olschanski,
first year
game design + animation



Share Conestoga, you could be next to respond!

Varsity teams have up and down seasons

BY CHRIS STEVENS

Most of the college's varsity teams have wrapped up their seasons some having success while others faced hardship. One team the women's volleyball team had an best season ever.

The basketball team had an year of disappointment this semester. Although Conestoga has several double and triple players none of them played in the tournament at the playoff tournament held on Feb. 7 and 8. George Brown, Centennial and Georgian took the top three places while none and women's team played. The doubles were made the same however Conestoga took first place on men's doubles and second on women's doubles.

The indoor soccer teams are

still fighting to close their seasons on positive notes. Both teams placed second in their regional qualifiers progressing to the OCAA championship. The tournament was held at James Cox, March 1 where both teams played in Pool D. The women's team had victories over George Brown and Smith and a loss to Sheridan while the men had one victory over Smith and two ties against Durham and Trenton. The championship is taking place March 21 and 22 at the Cobo Shops Centre in Vaughan, Ont.

Varsity volleyball had no share of ups and downs the season. The men's team was unable to qualify for the playoffs while the women's team had their best season since its reinstatement three years ago. The women finished with 10

wins and eight losses during the regular season and were eliminated during the bracket quarter final by George Brown. However their over 500 women and played Smith in a testament to the fact that things can only improve for the female Goshawks.

The Goshawks had a great second half to their season, and although co-schedule Marlene Ford "With those of me her season making the greatest championship and seems already everything for next year the future looks very bright."

We will and the 2013/14 season with our athletic banquet on April 8.

Tripod also the most of the season that being training in August will be posted on the college's athletic website at a later date.



ELECTION NOTICE AND CALL FOR NOMINATIONS

Two people is required as members of

Conestoga College Institute of Technology and Advanced Learning

BOARD OF GOVERNORS

Can from each of the following categories

1. STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of instruction (a group of related courses leading to a degree, diploma, certificate or other document awarded by Conestoga College)

Term of Office: September 1, 2014 – August 31, 2015

Candidate must plan to be enrolled as a student during the term of office and must be prepared to continue to do so after the term of office expires (Application closes within the term)

2. ACADEMIC STAFF MEMBER

All persons employed by Conestoga College on a full-time or part-time basis who are neither Administrators nor Support Staff

Term of Office: September 1, 2014 – August 31, 2015

Forms of application and nomination forms are available by contacting:
Jen Olschanski at ext. 3333 or at enrollment@conestoga.ca

Closing date for nominations: March 21, 2014
List of nominees announced: March 26, 2014

ELECTIONS: APRIL 4 – 7, 2014

Aim to be a global citizen

AN ISABEL MARGOLLES REPORT

Around winning student director (left), Catherine spoke to Concordia students about global citizenship and the importance of being active on the community on March 7 at an event celebrating International Women's Day.

"We wanted to bring awareness about global citizenship to the Concordia community and let them know there are no boundless walls even if you are an immigrant and Jimmy Cordoba, a first-year human services student. There are no boundaries to become who you want to be. We spoke on the program assisted the President, Life department with the event."

"It is important, because Concordia College is multicultural," Cordoba said. "We have international students and I think it is really important that there is understanding about cultures so that we can all fit in and we can become a community."

Catherine founded Heracleo Arts, a non-profit organization, in 2001 and serves as the artistic director. Heracleo Arts, which means "diversity" through the arts and supports new Canadian and emerging artists. The organization introduces multi-ethnic to music artists from different cultures around the world. The goal is "to become a leading community that celebrates diversity through the power of the arts."

In 1998, Catherine moved from Canada to Concordia from Chile and has been actively involved in bringing cultures together through music and art. She also speaks to Concordia students about what it means to be a global citizen and how it is important to become involved.

"These opportunities are a privilege and being a global citizen is not about taking someone's land, it is all about learning to see each other and think that you have more and think that you have

more." Catherine said. "It is not making one week of volunteer work. It is about something much bigger. I am not going to tell you what it is because I am still rediscovering every year after your what it means to me. But I can tell you there are things that you can do here that will impact the world. And there are things that you can do in the world that can impact here."

Bonnie Hickey, a Concordia human services student, helped out at the event and explained why International Women's Day is important to her.

"It is inspiring women to be what they want to be and to stay strong and to be positive. However, other women are struggling too and you can learn on other members of the community to help women you also can."

Anyone interested in volunteering at Heracleo Arts can visit the website at www.heracleoarts.ca.



PHOTO BY ISABEL MARGOLLES

Isabel Catherine, artistic director of Heracleo Arts, speaks to students about International Women's Day and gets help involved in the community at Concordia College on March 7.

Train your brain today

BY GORD STAMMER

Whether it be those school weeks, weekends or simply from the stress that come from inside the walls of your own home, stress even if it is not a medical ailment, affects almost every person on the planet on a daily basis.

According to Statistics Canada, about a quarter of the Canadian population over 16 and older report experiencing either a lot or extreme stress most days of their lives. For the Metropolitan Community Western metropolitan area alone, Statistics Canada estimates that 115,000 (28.1 per cent) of people over 16 and older reported they had significant life stress over the 12(12/01) period.

These numbers are staggering and the Spiritual Education Research Institute at Bitchmen is looking to change them.

SEIRI is a non-profit community agency that provides to their students, from a more globalized concept of stress, spirituality in order to create a more powerful and vibrant community.

On Feb. 16, SEIRI launched a new website called the Stress Free Community that will allow citizens of Waterloo Region to attend Train Your Brain courses at the SEIRI Centre

on Charles Street, West across from the bus terminus and as well as the city bus terminal on the days of a free will donation to SEIRI after taking the training.

The Train Your Brain course focuses on a hands-on, most important life breathing but takes it to a much deeper level.

"It is a matter of common observation that when our nervous systems and energy levels are high, our health goes bad and so on. We have the ability to learn our lessons to run our lives through processes at a slow pace making the best of things. This enables us to reduce stress concerning both physical and mental energy," said Dr. Tolson, president of SEIRI.

Through the training provided at the Train Your Brain course, participants will learn how to keep breathe their way out of stressful situations as well as after a long training course be able to teach the process to others.

The process is designed effective of a learner repeat by practices deep relaxation by taking the slow motion of relaxation to create a habit of being less stressed, taking a few deep breaths every minute during the day. Although SEIRI has been using the Train Your Brain program for a number of years, teaching the staff and

clients of many local non-profit agencies including students at the School of Pharmacy at the University of Waterloo and Grand River Hospital, the application of the program as a community project will be the first. This Community Centre is a new idea designed to help everyone make it through their day.

A 2001 report by the American Academy of Pediatrics suggests that stress which can play a disturbing role in brain development negatively affecting social, educational, economic, cultural, behavior and developmental outcomes, which is one of the reasons Tolson stresses the importance of the program to the community.

"Stress keeps us on edge and it impedes and hinders to use our concentration and mental abilities in addition it makes us unhealthy, unhappy and unable to learn. The lower the level of stress, the higher is our ability to learn, will develop and be both healthy and happy."

Stress can never be completely cured, it will always be there. But knowing how to manage stress is something every person is capable of.

For more information on the Stress Free Community initiative or the Train Your Brain program, visit the SEIRI website at www.seiri.ca or info@seiri.ca.

CSI designates half a million dollars for rec centre project

AN ADAMSON

Funds to the amount of \$400,000 that were put aside by Concordia Students Inc. for "hospital development projects" have been officially designated for the construction of the rec centre.

A motion at the March 5 meeting of the CSI board of directors made official their plan for the money by confirming that they would be used as CSI's initial contribution to the rec centre project.

During the first-ever revision of CSI's budget earlier this year, CSI set aside one-half of the \$150,000 surplus as reserved non-program money for a large construction project.

At the time, Spicer reported that the funds were likely for the upcoming construction of the rec centre, though CSI president Jason Wright refused to confirm the precise project that would receive the funds.

At that time, CSI general manager Janet Bonavent and Wright were both already part of the management team for the rec centre project, which has an anticipated completion date of September 2016.

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Conestoga College has talent

BY BARRY CLARKE

The popular television show *X Factor* is looking to way across the world once landing at Conestoga College.

There are major differences through Simon Cowell not judging the performances.

The talent competition is being held by Conestoga Students Inc. and is on its third year. Students signed up at the CCI office and submitted their March 21st. As for CCI judges have had some subject matter players and even a student who performed monologues.

The *X Factor* competition is a little bit different from CCI's earlier open talent competitions because it excluded lyrics.

"We did tryouts because it adds a little more challenge to the contest instead of an open talent," said Cowell.

Schroter, CCI's programming co-ordinator and one of the *X Factor* judges. "Since this is just an open talent competition we encourage that it be an open talent event."

There haven't been any weekly performances this year. "All of the talents so far have been very good," Schroter said. "I take a lot of courage to get up and perform on front of an audience so I wouldn't call any of the talents really but everyone's performance is unique in their own way."

One performer, Jayin Cowell, a former pre-service firefighter student, performed two monologues for his audition. His first one was from the movie *Good Will Hunting* while his second monologue was a speech from the 2010 Vancouver Winter Olympics. "I chose to do the more

lyrics because I can't sing," Cowell said. "I enjoy the acting part of it and I thought it could be entertaining too. I chose these two monologues because *Good Will Hunting* is one of my favourite movies and I think Robin Williams really captures what it is to live life and the different experiences we can have. I chose the 2010 Olympics one because I like Canada and I think it represents us."

Despite the fact that he chose two great pieces to read, Cowell was still nervous about his audition.

"I don't think anyone can't not be nervous but it's just about how you handle the nervousness."

The *X Factor* Finals will take place in the Meadows on March 24. The grand prize winner will receive \$100 while second place will get \$75 and third place \$50.



PHOTO BY BARRY CLARKE

Jayin Cowell performs one of his monologues as part of his *X Factor* audition on March 21 at Conestoga.

Keep the beat alive

Local artists to perform at Maxwell's

BY BARRY CLARKE

Take a break from your usual life and come out for a night of music and drinks.

On March 27, event management students at Conestoga College are hosting *Maxwell's Music at Maxwell's Music: Music in Waterloo*.

"Basically we are trying to bring local artists together to put their names out so they are performing for free to return for publicity," said Hayley Shapiro, an event management student running the event.

The students are putting on the all night concert as an effort to raise money for

the Canadian Music Therapy Trust. Fund a charity that offers support music therapy services in order to help improve mental, physical and emotional conditions of Canadians faced out of Toronto, as well as to make music therapy more available.

"They don't really have much awareness in Waterloo, Waterloo as that is what we are bringing," Shapiro said. "We have two representatives coming from that charity to MC at the start of the night and actually let everyone know about what they do. Any proceeds made either by ticket sales or donations will all go to them."

The show will consist of eight different acts ranging from indie rock to pop and even showcasing a couple of folk.

"The right ticket costs time as we are kind of trying to provide something for the students to come out and have a good night before they have to buckle down," Shapiro said. "The 18 plus event starts at 8 p.m. and tickets are \$10."

"It's a fun night for the students and Hayley Linn, an event management student."

Tickets are available at the door. To purchase tickets in advance visit the Facebook page. Keep the Beat Alive.

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CONESTOGA
STUDENTS INC



F A C T O R

FINALS

TUESDAY MARCH 18TH
STARTING AT 12PM

IN THE SANCTUARY
AT DOON CAMPUS

BAR OPEN 12PM-3PM

Defend yourself!

Third annual defence class teaches students to protect themselves

BY KYLEE BOWMAN

Conestoga students checked out and happened back after an March 6 but didn't get into any trouble as they were attending an annual defence class hosted by two martial art instructors.

Donna Doucill and Don McDonald are martial art instructors who run the third annual defence class at Conestoga College. Doucill started martial arts training in 1996 and McDonald began in approximately 1984.

"I have been training since 1985, so in 94, whenever the first female did come out, I was in what started it all for me," McDonald said.

The first female did come out, but that was in 1994.

Donna Doucill College teaches an open day and night, some students have classes that run into the evening. In order to make sure they are safe getting in and from the buildings, Doucill may have waiting in a group or calling "Wait here on campus."

"Students should also take a self-defence course to try and get a basic level of understanding of how to handle

stress and what you should do to get out of that situation that really it is a survival that we need. It called types of stress: the light, or light syndrome. We want to get students to the point where they are going to fight and change those things from what I can't do to I will do."

We don't want anyone to become and become a victim," McDonald said.

The defence class runs over one and two hours, students to feel confident knowing if put in a bad situation, it will be the class gives students the chance to bring forward concerns about the campus.

The class begins with knee strikes. When being attacked, you should avoid looking down, you can keep looking at your attacker. You want to grab the back of your attacker's neck and use your other hand to hold their head down. When striking with your knee, you want to get your power from your hips and you don't want your knee to be at your waist. You want to grab the back of your knee going through them. You're not just doing the Don Don class.

You're not going to put force anywhere, you're just going to use the force that



PHOTO BY KYLEE BOWMAN

Student Katherine Gordon shows off her knee kick skills in a self-defence class on March 6.

will actually hurt them, such as the stomach, groin or in the side of the thigh. The goal that gives you a chance to leave when it's not a fight, it's actually a nerve attack point and when it's hit it will cause distraction in the leg. The instructor put some under their chin on the legs of students to show where to use during the class.

"With a lot of the staff we are teaching you will get hit, you will get punched, maybe get kicked and 100 per cent you will get choked. We want you to know how to know what we will teach you actually works. If you have to use these techniques in the streets, they will work," McDonald said.

The most common attack on students is the front choke. It is very simple to get out of. All you have to do is put both your arms up and turn your whole body sharply, keeping your arms still. This breaks the attention hold on your neck and puts you in the guard position to strike with your elbows. It doesn't matter which way you turn, so long as you keep your arms still, you will be ok, the choke hold. This technique will also work if you are pinned to a wall, the example

I grabbed by the wrist. There are a few techniques to avoid you. When someone puts you the wrist, pull that wrist hard in Don's hands. You want to turn your wrist toward your attacker's thumb and sharply pull away. If that grip is much too strong to pull away from you can strike them on the arm just under the hand in Don's elbow, where there is a vital nerve. When hit that spot, will have the same effect as actually having the leg.

Many people's first instinct is to punch an attacker, however, punching properly requires a lot of training and can sometimes be dangerous. You can easily break a knuckle, which is not a better alternative is a palm heel strike. There is much less chance of breaking bones with the heel of your palm because your hand is open. But it is a much harder than just a fist. It is a bit like a slap, but rather you want to hit your attacker with the heel of your palm.

You want to strike where you are strong when it comes to the front of the chest. It doesn't matter where it is on the other person's body. However, usually an attacker is bigger than you are, so you will be most likely striking them on



PHOTO BY KYLEE BOWMAN

Don McMillan's position for knee strikes with partner Don's. Master of the defence class.

the chest or the arm.

McDonald said the class is not always better to punch

because on the face because you could get hit or cut by their teeth.

The Man Who Built Kitchener

BY BOB BARNES

For the most part, the City of Kitchener has done an outstanding job of preserving its local history. It has a lot of museum collections to its credit and has preserved the buildings that made the city what it is today.

One of the ways the 18th and 19th century towns of Kitchener are preserved is by attributing their names to local businessmen. Local shoe store lecturer A.E. Maclean has a TMAOA and a public school named after him, and the influential Macdonough family lives in Brookridge Park as their family legacy. But for all the heritage that has been preserved since the time that the city was called Berlin, local historians seem to have overlooked the contributions of one man.

The Diary

Thanks to recent discovery of an old diary coupled with old letters and family oral records one former architect who worked for the University of Waterloo recently put together a first-hand report that shows from the publications of one man, how Kitchener the city is today.

Ernest Reuben Meyer would have delighted to see this book about the city as a resident. "It was an incredible time when one of Berlin's citizens wrote some account a collection of Berlin's diary described documents and family history as he after he turned it over to Meyer who had experience working with historical documents." "It was written to report up the line and not Kitchener Berlin's diary. Meyer was climbing through the documents and diary took Meyer and his husband the better part of a weekend. What the diary was a history and a record of a man who had more for the city than history seems to be commonly thought.

Tolson Meyer

Tolson Meyer Berlin was born in the small town of New Hamburg on Aug. 18, 1878 the first of nine children. His father Peter was the owner-operator of New Hamburg general store. Meyer and Rudy General Merchants. While Meyer was attending high school at Berlin College, his father died. In 1897, he helped his father by working on the store after school. Berlin College at the time was a very dry town which is today, Wm. Tolson attended the school there were only



Portrait of Tolson Meyer Berlin, a young man in a suit, holding a book or document.

A portrait of Tolson Meyer Berlin, a young man in a suit, holding a book or document.

It was in 1897 that Meyer after completing a year at school in June 1897 he returned to work for his father before the whole family packed up and moved to Berlin.

Tolson's first job was one that began his journey as a history of local industry was with Berlin's Works Peter Berlin was well connected to rich well-known families through his local church. After taking with local industry when William Henry Macdonough he arrived in position the Tolson as a clerk at the general store, working up short-hand and recording his mother's business. Peter by this time had become a travelling salesman for the Ontario Bureau Company. By the early age of 18 Tolson got his first taste of working in an industrial setting with work that he seemed to enjoy according to his diary. Starting at a rate of \$4 a day Tolson worked in the store as his first position then by 1899 he was making more than twice that.

His work began with self working with Albert Macdonough a man who would later become his brother-in-law. It is clear from Tolson's and Albert's diaries that the two often did not see eye to eye, and as Meyer points out it was this fractured relationship that helped the local rubber industry grow.

Business

They likely met at one of the parties held by the Berlin family which the Berlin family usually attended. Tolson's early reference to one party held by the Berlin family in which he had "a most enjoyable evening."

What is clear is that by 1897 the young couple was beginning to fall in love. A letter from Meyer Berlin to his sister Martha tells of Tolson's explosion as an active member of the Young People's Alliance at Zion Evangelical Church. Tolson encouraged members to write to Tolson who is Berlin was attending Tolson's Ladies College in Whitby Ont. In one letter she says to Martha "Will (Martha) meet you and Kitchener business done. The idea of you talking to 'Martha' too in early 1898, Meyer's relationship with the degree of involvement of the relationship was measured by whether the couple was on a first name basis apparently. Martha's sister sister, Eliza, wrote Martha, a letter when she says "Tolson was here (first meeting) but I have not seen him since yet. I put this in because I know you want to enjoy hearing about the dear boy. It was clear the young pair was falling in love."

1899 was important to Tolson and the city for other reasons too. Also was the year that local rubber giant George Fisher, Isaac Weber, Aaron Kaufman, and Albert Macdonough started the Berlin Rubber Manufacturing Company after a trip to the United States. Fisher requested that manufacturing rubber was about to become

a very profitable industry and called upon other local businessmen to help him begin his new industrial venture. Tolson agreed to work for Albert Macdonough and Fisher and did correspondence work for the two business partners recording and monitoring every transaction and event of each day of the company. The factory had its share of problems getting off the ground. In late 1898-99 the first year but broke even and eventually recovered from the loss two years later. The owners of the new plant were nervous as they had not yet made a profit in three years of rubber manufacturing.

A year after the factory opened Albert Macdonough was engaged to Louise Andrews after getting permission from the girl's parents while Tolson was occupying with the amount of work he was doing for the rubber company. He barely had any time to read Martha and in the winter of his diary "was completely worn out." Tolson between Albert and Tolson was now on the rise. The two apparently had an argument as the Young People's Alliance meeting at Zion Church for which Albert didn't speak.

Tolson was working hard for Berlin Rubber and was not happy with his management. He quickly observed the board of directors quibbling about making the company profitable and at the same time felt his work was going underappreciated. He had worked his way into the forefront of the board of directors and sometime around May 1900 they were beginning to sit Tolson down as business matters.



A shot of the Berlin Evangelical Church which is now called Trinity Lutheran Church. It was the church that the Berlin and Meyer families had attended.

PHOTO BY BOB BARNES

Branching Out

In October 1960, Tolson took a trip to New York City. It was then that he was able to find out how his business skills and natural sense for how things ran and he returned the day streets of New York. It was on that trip that Tolson found most of the knowledge he would need to begin a business of his own.

A few weeks after his trip to New York, Tolson showed up at the meeting of Albert Hirschman and Louis Bader. Tolson was one of five non-family members who attended the event, which included William Lyon Mackenzie King as a prominent. It appears from their notes that he and Martha Hirschman, their wife, thought upon when it was stated by Tolson's long work schedule and lack of time to spend with her.

Heard afterward Tolson felt so to complain to management that he was not being appreciated, for the amount of time that he was doing for the company. Management assured Tolson that if he would use more time there would be room for advancement at the company by the time Tolson and Martha were continuing their relationship with Tolson's long history. "My word is certainly of value to me and Martha's word," he wanted to ask Martha to marry him but also wanted to know that he would have a good job at the factory.

By 1960 he and Martha were in a "and they were" very kind of business. The factory was in the same situation with a school. The factory was going over and over and funds of the company Louis Bader left the company and Albert purchased the stock. Tolson was ready the factory house was frequently to talk to Martha.

something which annoyed Albert to no end.

Tolson wrote in his diary of a Jan. 10 fight with Albert. "That night a general discussion with Mr. Hirschman in which neither was able to win a pretty plain result. His side has certainly an edge in not only to be treated as a subordinate. He had a long point of view against me and I to return against him. I felt afterwards to drop all contact and to do only what I was told to until I obtained another situation."

Albert was angry that Tolson, who began on the low end of the ladder, was climbing closer to Albert's social status and family. That was the point of time that the future of Hirschman would be decided.

That November Martha and Tolson decided to get married. They did and then love for one another and realized they were meant to be together. Tolson wrote extensively about the day and kept two full pages of notes in his diary on Jan. 6 to describe how he felt. The young couple would later that in an hour he drove some years as Tolson was increasingly busy with factory work.

In 1961 Tolson still traveled with his standing in the company was gaining more confidence as he did and began to consider moving out on his own into the business world. Although the board did not work to leave him they did not want to give up Tolson's reputation for his good behavior.

Finally on August 15 Tolson decided to leave the Berlin Rubber Manufacturing Company in favor of starting his own company. It had already been an introduction with one of Berlin Rubber's board members, Jacob Kaufman, about visiting and another rubber factory.



PHOTO BY JAMES HARRISON

Martha Hirschman showed Tolson Hirschman's diary, left, and what she published a report and gave a lecture on the business world. She is looking to have a plaque installed in Hirschman's home.

Tolson was confident he could run operations better than his employers because of his trip to the United States and his years with Berlin Rubber.

Busy Berlin

Setting up the new factory did a number of things for the men of Berlin. It brought one of the most profitable and sought after manufacturing sectors to the city greatly helping the local economy. The building of the new factory also meant an increase in population and made Hirschman the city at that time. When Tolson's diary records in his coming from his industry and to the city itself. It is a record of

Tolson, Martha's father would have been content and the population and one of Hirschman's industry would be a very different.

In addition to creating Martha's father company Tolson was the manager of the town's two rubber factories into the huge company. The Berlin Consolidated Rubber (CCR) company, which one day he would be president of.

Local historians knew that Tolson was instrumental in the merger and that Tolson had brought a third factory to the area which would become The Downtown Tire Company, whose staff still can be seen on modern day George Street in Hirschman.

CCR wanted to move all rubber operations out of Berlin and to Montreal where the company was based. Instead, thanks to Tolson, the factory was removed and a third factory was built. The entire story of a city was shaped by one man, who used time was seen as only having time contributed to the process. His story did Tolson probably save Berlin Rubber from collapse through his hard work brought more for Berlin to the area and made Berlin the rubber capital of Canada, modernizing and revolutionizing the economy. His story did Tolson probably save Berlin Rubber from collapse through his hard work brought more for Berlin to the area and made Berlin the rubber capital of Canada, modernizing and revolutionizing the economy.

Bader was also responsible for the building of the Westmount suburban, a prominent Hirschman neighborhood named after his Montreal neighborhood.

when he and his family moved there after he became the president of CCR. Bader's wife, who was one of the children, as he passed away on April 14, 1923 at the age of 43.

Recognition

It is strange that the all of Tolson's work the Berlin room is hardly recognized in the region. At Hirschman's old as his father there is no Berlin Rubber House. The man who strengthened the economy increased the city growth and built an important neighborhood from nothing that Hirschman and his family would not be recognized in a photograph or even by name by most Hirschman residents.

Many are also to be seen in the Westmount neighborhood. Hirschman's work to erect a plaque honoring the life and legacy of Tolson Bader, more than in the Westmount neighborhood. They will be able to find a recommendation to the Hirschman Heritage Commission that the plaque and the region had of time which Tolson is already a part of recognition that Tolson was more instrumental in the success and prosperity of the city than previously thought. When Hirschman was told that Westmount Public School is on the next couple of years to be torn down rebuilt and may be a suitable way to honor the Berlin people who ended and said, "Wonderful! That is wonderful!"



PHOTO COURTESY OF THE BOARD OF DIRECTORS OF BERLIN RUBBER MANUFACTURING CO.

Below is an artist's rendition of the opening day of the Downtown Tire Company. Six thousand citizens of Berlin introduced the scene.



PHOTO COURTESY OF THE ROYAL ONTARIO MUSEUM

In 1987 Tony and Lucy Lamontburn donated 340 artworks of fine (including art) to the ROM, which are now displayed in the Tony and Lucy Lamontburn Gallery of Decorative

100 YEARS OF THE ROM

BY STEPHEN MERRILL

Digitizing the hearts and inspirations of culture for generations, the Royal Ontario Museum marks its 100th anniversary on March 18.

At the turn of the 20th century a group of Ontarians conceived the idea for a provincial museum within the city that would one day be world renowned. Among its founders were Dr. Bryan Edmond Walker and Dr. Charles Currelly who with help from other influential persons advised for the building and succeeded with the Government of Ontario and the University of Toronto to fund the project.

The Royal Ontario Museum, more recently referred to as the ROM, was formally established on April 14, 1915 after the signing of the ROM Act, in the Ontario Legislative Assembly. The then Governor General, the Duke of Connaught, officially opened the building to the public on March 18, 1914.

The original building also housed five museums: The Royal Ontario Museum of Archaeology, Paleontology, Mineralogy, Zoology and Botany respectively.

Over the last century the ROM has undergone several expansions to meet the needs of both its staff and its numerous art patrons and visitors.

"The exhibits have actually

changed over time because we have had major new buildings and gallery installations every seven to 100 years," says John Matthews, senior vice president of ROM Collections and an art expert.

Today, the building's exterior features many different architectural styles which reflect the period in which they were built.

The original building designed by Darling and Pearson, a Toronto based architectural firm which was responsible for shaping the look of many of the city's more prominent buildings during the 19th century is done in an Italianate neo-classical style. This was a more popular style throughout North America during the 19th century, which featured heavily rounded rounded neoclassical modern and baroque motifs.

The first addition began construction during the educational and financial collapse of 1918 otherwise known as the Great Depression. Construction was done by hand using public works and home grown resources while building was done using mostly locally-sourced materials.

Breaking away from the heavy Italianate style of the original building, the new addition was done in a neoclassical art deco style. It reflected the fashion revival with its triple windows, gar-

gables and heavy brackets that had more rounded surfaces.

The entrance to this building faces Queen's Park and features an ornate entrance to the building of the Currelly. It is composed of gold leaf-painted metal tiles and more than a million coloured tiles of imported American glass arranged into several pictorial images. The museum of the Byzantine world and Western Europe are displayed in each side lobby and courtyard while the grounds are open to the different cultures throughout human history. The grounds, as a whole took eight months to complete.

Officially opening in 1930, the Toronto newspaper was heralding the Queen's Park wing as a "masterpiece of architecture."

In 1955 the new Royal Ontario Museum was incorporated as a single body. After years of being under direct control of the University of Toronto, the ROM became an independent institution under the provincial government in 1959.

A \$55 million renovation began in 1974 in order to better provide space for the ROM's research and collection, acquire new natural history library and other much-needed facilities. The Terrace Galleries were opened in 1984 by Queen Elizabeth II.

In 1988, the ROM launched

a \$100-million project called Renaissance ROM, the first stage of which opened in 1990 and included 10 new galleries and public spaces in the historic building.

The most recent addition to the ROM was completed in 2001 as a major part of the Renaissance ROM project, which involved the renovation and expansion of the museum's gallery space. The Terrace Galleries were transformed in order to make room for the Michael Lee-Chin Crystal, a set of five interlocking self-supporting geometric structures that have been considered one of North America's most challenging construction projects.

Because the Crystal is self-supporting it therefore remains unobstructed in the original building except for the existing bridges which connect both structures internally. The \$30 million project was funded by Lee-Chin, a Canadian business mogul, as not only a gift to the museum but to Canada as a whole for the opportunities it has given him.

The design for the building was by the architect firm of the firm, which was inspired by the ROM's history and natural collection. The Earth Transverse gallery alone has about 600 tons of glass and per crystals as well as several other glass panels. The role of the crystal was to create a unique





PHOTO COURTESY OF THE ROYAL CANADIAN MOUNT

The Timmins-area towns contributed greatly to Tovee's then regular facilities to gathering sets, appliances and the RCMP, including the Lucy and Percy Hornsbeum Gallery of Timms and the Royal East.

by the renowned Berlin-based architect Daniel Libeskind who was selected from among 10 finalists to spearhead the Museum's RCMP team.

Other parts of the building have also been dedicated to certain individuals for their extensive philanthropy, such as Ernest and Elizabeth Russell. The Russells gave generously to many projects, including funding the completion of the Russell European Galleries as well as the refurbishment of the Currier Gallery, which has since been renamed the Russell Staff Currier Gallery in their honor. The RCMP has also dedicated the newly restored exhibits to the Russells for their lifelong commitment and generosity to the museum.

Ernest Russell was the grandson of the late Raymond Currier, who contributed some of the finest pieces in the museum's Award of Honor collection, becoming a key member of the RCMP's success from the very beginning. He was also a collector of Canadian postage stamps and, upon introducing a large amount to the RCMP's Canadian gallery. When the RCMP could no longer adequately display the collection, the collections were moved into the main building. The new Raymond Currier Gallery of Canada is one of the galleries opened in part of the Museum's RCMP project.

With over one million objects in the collection and 45 galleries at an extraordinary and natural museum to tell

so their diverse collections of world cultures and natural history are no wonder that the RCMP has been able to present such a panoramic multicultural reputation.

The RCMP is also Canada's largest field research institution, with scientific and academic research taking place around the world making the museum one of the leaders in both knowledge and conservation.

But with limited space and constant collecting, the future of the RCMP like most things cannot be easily determined, especially since the museum has such a unique role to play — to build understanding and appreciation for the diverse cultures and natural environments around the world.

"The museum has built a new building and now had space about every 20 years or so. And right now, although we have recently completed a building that preserves our public space, we're full at levels of our collections and just looking for the chance at the RCMP is a RCMP's Officers' video."

"We already have places off-site where we store material. But to continue to be the research institution that we want to be requires an active collecting program and simply put, we wouldn't want to stop collecting material. We need the space so that we can continue to grow because it's only by growing that I think this museum will remain alive and have its

research base."

"How this museum continues to grow where we already have the site that we own, will be an interesting challenge."

The RCMP is also one of the largest museums in North America, attracting over one million visitors each year.

Matthews said the museum expects more visitors in the future as it continues to grow not only in space and collections but technologically as well.

"We do expect more visitors and we do expect them in new ways," Matthews said. "Virtually through Google, through social media, web sites as well as books through the door."

The RCMP has also introduced Wi-Fi access, which visitors can use to download the RCMP's RCMP app to their smartphones. The first of its kind, the RCMP's RCMP uses Quick Response (QR) codes to make books available by telephone number which are posted on labels in select areas throughout the museum to allow visitors to learn more about a specific story.

The RCMP will also be introducing a new book this year entitled *RCMP's RCMP: A Story and History of a Year Long Collection*.

In addition, Matthews said the museum is preparing a special exhibition, the details of which cannot be revealed until March 18.

If you're interested in learning more about the RCMP and its ongoing collection plans, visit www.rcmp.ca or



PHOTO BY JAMES W. HARRIS

Rose Darragh views a shelf of stamps from the First Five Years in the Raymond Currier's Gallery of Canada at the RCMP on Feb. 18. The stamp is valued at only two but is highly sought.



Candice Kelsey, a yoga instructor program, assists an student, assists a man by adjusting his pose at a free yoga event on campus.

PHOTO BY LARRY DICK LEBLANC



COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling in time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something purely for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and monitoring our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now, by boosting concentration, memory and stamina. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counseling Services

Free yoga popular

BY LARRY DICK LEBLANC

Free yoga was a big hit at the college on March 5 with some questions having to be adjusted because the room was too full.

This was the first in a series of weekly sessions which are being taught by students of Concordia yoga instructor Traci Robinson. The program is a free yoga class for all 18 people through several poses from the mat and one pose to the people pose.

The hour-long session ended with the participants lying on their mats in the class, leaving an ending with a lot of their bodies.

"It's called range pose, but we're not particularly fond of that term," said Robinson, referring to a lotus position.

There is no work to be done in this pose, she said.

The instructor, with a background in yoga, is a student of Robinson. The yoga instructor is training and certification program aims to give students all the techniques needed to become a certified yoga teacher.

Each student in yoga teacher training (YTT) will rotate into the teaching role with another on hand to assist. Each of the three classes is also supervised by an experienced yoga teacher to "ensure that the YTTs are offering a safe experience for

everyone," Robinson said.

"That being said, the relevance of teaching that the YTTs are offering is equal to many currently employed teachers."

For the YTTs this is their first chance to teach a class to a room full of people.

"Each of the students has already had a chance to practice teaching on one another, but the challenge of an unknown audience adds multiple levels of experience, offers the students a valuable learning experience," Robinson said.

"We appreciate you giving us the opportunity to practice on you," Robinson said.

The session gave people a chance to try something new.

"My name has been used at before," said Robinson. "I'll be a second year student who attended the event with her mom. This was her opportunity to try it."

"I think it's phenomenal." The event was originally scheduled to take place on the 20th at the time was just but was moved to 20th due to the number of people who showed.

If more people continue to come, we'll look into getting a larger room, Robinson said.

Students are offered every Wednesday from 6:30 to 7:30 p.m. until March 20. While the event is advertised as 100% free, your own mats and a few extra mats are available.



Traci Robinson, a yoga instructor, leads a room full of people through several poses.

**HOROSCOPE**

Week of March 27, 2012

**Aries**March 21 -
April 19

Knock down a problem that comes up, pretty often, and you will be able to raise a fist before you know it.

This weekend: Outfit

**Libra**September 23 -
October 23

When at the last, time you make a new friend? It's never too early to make another.

This weekend: High five

**Taurus**April 20 -
May 20

More opportunities will present themselves soon. Don't hesitate to invest your time.

This weekend: Try out

**Scorpio**October 23 -
November 21

Roll up the man of life and see what your spirit is.

This weekend: Winem

**Gemini**May 21 -
June 21

Your best work is around the corner. Keep at it and you will hit a new low for yourself.

This weekend: Sister

**Sagittarius**November 21 -
December 21

Spirit can be good, and best make your best this week.

This weekend: Love

**Cancer**June 21 -
July 21

Take some time to yourself and enjoy your and guest. That may be what you need to come back, rested and ready for the challenges ahead.

This weekend: Life size

**Capricorn**December 21 -
January 19

Spending time with your close friends is a great time.

This weekend: Picnic

**Leo**July 21 -
August 22

Clear out the clutter. Get rid of some old stuff and a place your best.

This weekend: Out with the old

**Aquarius**January 20 -
February 19

The better old is leaving and spring is coming. Get some it, by spending some time outside.

This weekend: Hike

**Virgo**August 23 -
September 22

There is a lot of fun to be had, go have some.

This weekend: Smile

**Pisces**February 19 -
March 20

Spending time with your best friends and family is a great time.

This weekend: Cook



GIF Gender is making it for!

Useless Facts

The largest taxi fleet in the world is found in Mexico City. The city boasts a fleet of over 60,000 taxis.

Green is the only English word that ends in the letters 'ant'.

Bulgarians are known to be the biggest yogurt eaters in the world.

0.3 per cent of all road accidents in Canada involve a moose.

Logo men have those little holes in the top of their heads. It's there so they can see through a child's eyes when they're in the forest.

Sudoku Puzzle

			1			5		2	
3	9				8	6		7	4
2	6			9	1		5		8
		2		9		7			3
9	5				4	1	8	6	
6		8		7	2				9
		6				9	3		7
1	8		7		3	2			5
	2	3	8	5				9	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, with out repeating any.

Word Search**St. Patrick's Day**

Q	S	P	K	H	L	H	X	F	T	N	T	D	C	Y	B	R	A	R	C	H
M	M	A	R	C	H	I	H	A	R	P	S	E	O	B	E					
R	S	T	P	L	E	F	R	E	C	H	A	U	N	S	X					
P	X	R	Z	O	H	A	N	Y	K	K	S	U	E	S	W					
L	V	E	Q	A	T	R	G	L	P	R	Y	N	O	X	E					
O	G	C	P	E	A	R	N	E	J	O	L	T		T						
T	R	E	H	L	U	D	T	E	I	T	D	Y	G	W	A					
K	N	W	N	K	O	E	N	O	S	C	I	T	L	E	C					
I	H	I	K	K	E	Y	W	Y	E	G	N	L	U	G	E					
H	R	J	A	E	C	O	E	M	R	S	F	A	N	U	S					
Z	B	R	M	S	O	M	B	R	A	W	R	F	D	U	S					
L	U	E	I	X	R	U	O	A	I	W	Z	T	P	O						
R	B	K	Y	A	R	O	P	H	N	Y	E	I	P	U	R					
K	I	V	L	M	A	P	W	C	B	E	R	C	T	J	C					
O	L	E	M	V	H	G	F	Q	O	H	S	I	R	I	V					
W	N	E	F	C	S	W	Q	Z	W	S	S	C	T	G	U					

RABBIT
GREEN
LEPRECHAUN
PARADE
SHAMROCK
GOLD
CELSTIC
DURIN
PATRICK
LUCK
DRESS
RAINBOW
CHARM
CLOVER
JIG
SAINT
CROSS
HAPP
POTATOES
BLARNEYSTONE
DANCING



Curiosity Blue seeks the knowledge of lost times and finds some fun food knowledge.



For your Board of Directors Conestoga Students Inc

What are your reasons to vote?

Make your voice heard by casting your vote **MARCH 24-28** for who will represent you in the 2014-2015 academic year.

- 67. STUDENT HEALTH PLAN
- 68. MASSAGE THERAPY
- 69. CHIROPRACTOR
- 70. TOONIE TUESDAY
- 71. REPRESENTATION
- 72. INNOVATION FUND
- 73. LEADERSHIP PROGRAM
- 74. EDUCATIONAL FUND
- 75. GLOBAL SERVICE TRIPS
- 76. SOCIAL MEDIA CONTESTS
- 77. CSI SERVICE HUBS
- 78. THE SANCTUARY
- 79. CSI SPACES
- 80. THE CSI FUTURE

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ELECTION NOTICE AND CALL FOR NOMINATIONS

ONE STUDENT IS TO BE ELECTED AS A MEMBER OF THE

**CONESTOGA COLLEGE INSTITUTE OF TECHNOLOGY AND ADVANCED LEARNING
BOARD OF GOVERNORS**

Eligibility: Open to all full-time and part-time students enrolled in a program of instruction
(a group of related courses leading to a degree, diploma, certificate or other document awarded by Conestoga College)

Term of Office: September 1, 2014 – August 31, 2015
(candidate must plan to be enrolled as a student during the term of office and must be prepared to continue to the end of the term even if graduation occurs within the term of office)

Nomination forms, which include information on eligibility, term of office and terms of reference are available by contacting Ann Vigarsult at ext. 3333 or at avigarsult@conestoga.on.ca

Closing date for nominations is **March 15, 2014**

Lists of nominees to be announced on **March 26, 2014**

ELECTION: APRIL 4 – 7, 2014



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